







Monday		Tuesday		Wednesday		Thursday		Friday						
<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room</div> <div>9 Pinochle</div> <div>9:30 Strength Training/Cardio \$3</div> <div>10 Bowling: Ryan Family Amusements, Millis \$13</div> <div>10-11:30 Sports Fanatics</div> <div>10-4 Mary Make Do</div> <div>10:30 ZOOM: Mindful Living & Meditation \$3</div> <div>11 Skip-Bo</div> <div>12 Duplicate Bridge</div> <div>12-3 Scrabble</div> <div>12:30 Tai Chi with Jon Woodward \$4</div> <div>1-4 Genealogy Group</div>		1	<div>YOUR VOTE COUNTS</div> <div>Framingham City Election</div> <div>8:30-4 Table Tennis</div> <div>8:45 Contract Bridge</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9 Pinochle</div> <div>9:30 Aerobics, Free</div> <div>10-11:30 Beading with Marilyn</div> <div>11 Zumba \$3</div> <div>11-4 Mah Jongg</div> <div>12 Duplicate Bridge</div> <div>12:30-4 Pool Tables</div>		2	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9-12 Blood Pressure Clinic</div> <div>9:30 Strength Training/Cardio \$3</div> <div>11 Mindful Living & Meditation \$3</div> <div></div> <div>FRIENDS DINE AROUND JACK'S ABBY</div> <div>100 Clinton St. Framingham</div> <div>(508) 872-0900</div>		3	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room</div> <div>9:30 Cribbage</div> <div>10-2 Mah Jongg</div> <div>10-12 Ask-the-Experts</div> <div>10-11:30 Grandparent Support Group</div> <div>10:30-12:30 Grupo Latinoamericano</div> <div>11 Zumba \$3</div> <div>11 Discussion Group</div> <div>1 Book Discussion Group</div> <div>1-2:30 ZOOM: The Journey of Dementia</div> <div>(RSVP req: 800-272-3900.)</div>		4	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room</div> <div>9-4 Open Sew</div> <div>9 Poker</div> <div>9:30 Strength Training/Cardio \$3</div> <div>10:30 ZOOM: Stretch with Anthony, Free</div> <div>11 Skip-Bo</div> <div>11:15 Chair Yoga with Rebecca \$3</div> <div>12:30 ZOOM: Conversation & Humor</div> <div>CANCELED: Stretch with Anthony</div>		5
<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room</div> <div>9 Pinochle</div> <div>9:30 Strength Training/Cardio \$3</div> <div>10 Bowling: Ryan Family Amusements, Millis \$13</div> <div>10-11:30 Sports Fanatics</div> <div>10-4 Mary Make Do</div> <div>10:30 ZOOM: Mindful Living & Meditation \$3</div> <div>11 Skip-Bo</div> <div>12 Duplicate Bridge</div> <div>12-3 Scrabble</div> <div>12:30 Tai Chi with Jon Woodward \$4</div> <div>1-4 Genealogy Group</div>		8	<div>8:30-4 Table Tennis</div> <div>8:45 Contract Bridge</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9 Pinochle</div> <div>9:30 Aerobics, Free</div> <div>10-11:30 Beading with Marilyn</div> <div>11 Zumba \$3</div> <div>11-4 Mah Jongg</div> <div>12 Duplicate Bridge</div> <div>12:30-4 Pool Tables</div> <div>12:30 Chair Volleyball</div> <div>1 Bereavement Support Group</div> <div>1:30 COA Board Meeting</div>		9	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9-12 Blood Pressure Clinic</div> <div>9:30 Strength Training/Cardio \$3</div> <div>11 Mindful Living & Meditation \$3</div> <div>11:30-12:30 Veteran's Appreciation Lunch-Drive By (RSVP req)</div> <div>12 Better Breathers Support Group</div> <div>3:30 ZOOM: Travel Discussion Group</div>		10	<div>CLOSED IN HONOR OF VETERANS DAY</div> <div></div>		11	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9-4 Open Sew</div> <div>9 Poker</div> <div>9:30 Strength Training/Cardio \$3</div> <div>11 Skip-Bo</div> <div>11:15 Chair Yoga with Rebecca \$3</div> <div>12:30 ZOOM: Conversation & Humor</div>		12
<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-10 Computer Room</div> <div>9 Pinochle</div> <div>9:30 Strength Training/Cardio \$3</div> <div>10 Bowling: Ryan Family Amusements, Millis \$13</div> <div>10-11:30 Sports Fanatics</div> <div>10-4 Mary Make Do</div> <div>10:30-noon PC Internet & Online Security, Presented by Ralph Dunlea</div> <div>10:30 ZOOM: Mindful Living & Meditation \$3</div> <div>11 Skip-Bo</div> <div>12-4 Computer Room</div> <div>12 Duplicate Bridge</div> <div>12-3 Scrabble</div> <div>12:30 Tai Chi with Jon Woodward \$4</div> <div>1-4 Genealogy Group</div>		15	<div>8:30-4 Table Tennis</div> <div>8:45 Contract Bridge</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9 Pinochle</div> <div>9:30 Aerobics, Free</div> <div>10-11:30 Beading with Marilyn</div> <div>11 Zumba \$3</div> <div>11-4 Mah Jongg</div> <div>12 Duplicate Bridge</div> <div>12:30-4 Pool Tables</div> <div>12:30 Chair Volleyball</div> <div>1-2:30 Parkinson's Support Group</div> <div>1:30 The Loss of the Indianapolis, Presented by Bob Begin</div> <div>4:30-5:15 ZOOM: Chair Yoga \$3</div> <div></div>		16	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9-12 Blood Pressure Clinic</div> <div>9:30 Strength Training/Cardio \$3</div> <div>11 Mindful Living & Meditation \$3</div> <div>11-12:30 Low Vision Support Group</div> <div>1:30 Great Courses-Great Tours: Greece & Turkey</div>		17	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room</div> <div>9:30 Cribbage</div> <div>10-2 Mah Jongg</div> <div>10-12 Ask-the-Experts</div> <div>10:30-12:30 Grupo Latinoamericano</div> <div>11 Zumba \$3</div> <div>11 Discussion Group</div> <div>12-1:30 Grandparent Support Group</div> <div>1-2:30 Artist Appreciation Workshop: Piet Mondrian, Presented by Michele Marram (RSVP req)</div> <div>2-3 Caregiver Support Group</div> <div></div>		18	<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9-4 Open Sew</div> <div>9 Poker</div> <div>9:30 Strength Training/Cardio \$3</div> <div>10:30-12 Callahan Knitters</div> <div>11 Skip-Bo</div> <div>11:15 Chair Yoga with Rebecca \$3</div> <div>12:30 ZOOM: Conversation & Humor</div>		19
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<div>8:30-4 Pool Tables Open</div> <div>8:30-4 Table Tennis</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room</div> <div>9 Pinochle</div> <div>9:30 Strength Training/Cardio \$3</div> <div>10 Bowling: Ryan Family Amusements, Millis \$13</div> <div>10-11:30 Sports Fanatics</div> <div>10-4 Mary Make Do</div> <div>10:30 ZOOM: Mindful Living & Meditation \$3</div> <div>11 Skip-Bo</div>		29	<div>8:30-4 Table Tennis</div> <div>8:45 Contract Bridge</div> <div>9-4 Fitness Room \$2</div> <div>9-4 Computer Room Closed, SHINE appts only</div> <div>9 Pinochle</div> <div>9:30 Aerobics, Free</div> <div>10-11:30 Beading with Marilyn</div> <div>11 Zumba \$3</div> <div>11-4 Mah Jongg</div> <div>12 Duplicate Bridge</div> <div>12:30-4 Pool Tables</div>		30	<div>NOVEMBER PROGRAMS ON ZOOM</div> <div>Stretch with Anthony: 11/5 at 10:30 am (free)</div> <div>Mindful Living & Meditation: Mondays, 10:30 am (\$3)</div> <div>Chair Yoga: Tuesdays, 4:30 pm (\$3)</div> <div>Conversation & Humor: Fridays, 12:30 pm</div> <div>The Journey of Dementia: 11/4 at 2:30</div> <div>Travel Discussion Group: 11/10 at 3:30 pm</div> <div>Couples Living with Heart Failure: 11/22 @ 1:30 pm</div>		<div>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION</div> <div>Parkinson's Support Group: 11/2 at 1 pm</div> <div>Bereavement Support Group: 11/9 & 11/23 at 1 pm</div> <div>Low Vision Group: 11/17 at 11 am</div> <div>Grandparent Support Group: Call 508-532-5980, ext. 4108 for more info</div> <div></div>						